Up and down
Half-Whole

C

C D Eb F Gb Ab A C A Ab Gb F Eb D C

Db

Db Eb E Gb G A Bb Db Bb A G Gb E Eb Db

D

D E F G Ab Bb B D B Bb Ab G F E D

Eb

Eb F Gb Ab A B C Eb C B A Ab Gb F Eb

E

E Gb G A Bb C Db E Db C Bb A G Gb E

F

F G Ab Bb B Db D F D Db B Bb Ab G F

Gb

Gb Ab A B C D Eb Gb Eb D C B A Ab Gb

G

G A Bb C Db Eb E G E Eb Db C Bb A G

Ab

Ab Bb B Db D E F Ab F E D Db B Bb Ab

A

A B C D Eb F Gb A Gb F Eb D C B A

Bb

Bb C Db Eb E Gb G Bb G Gb E Eb Db C Bb

B

B Db D E F G Ab B Ab G F E D Db B